

# Gold Medal Schools

## Spring Newsletter 2006

For more information, please talk to your principal or visit [www.hearthighway.org/gms](http://www.hearthighway.org/gms)

### GMS Is The Program of Champions

It's always exciting to watch athletes from all over the world compete at the Olympic Winter Games in hopes of receiving gold medals. It's also fun to remember Gold Medal Schools (GMS) was started in 2002 when Utah hosted the Olympic Winter Games!

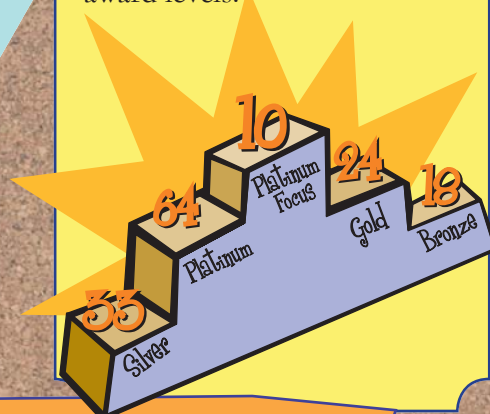
We want to thank all of our own "gold medal" winners and those who support them for working hard to make this year one of our most successful yet!

GMS is working to incorporate the healthy lifestyles of Olympians into Utah's schools and communities.

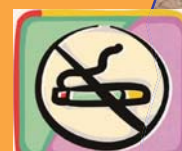
**Mission:**  
Creating opportunities for students to eat healthy, be active, and stay tobacco-free

### How Did We Finish in '05-'06?

GMS achieved the following award levels:



Tobacco companies spend over \$34 million a day on advertising in hopes of attracting new, younger customers. Your children need to hear you, not the tobacco companies. For tips on how to help your kids stay tobacco-free, please visit: [www.tobaccofreekids.org](http://www.tobaccofreekids.org).



### Congratulations '05-'06 GMS of the Months

We would like to congratulate all of our GMS of the Months for the 2005-2006 school year.

October: **Tabiona Elementary**; Tabiona

November: **Cache Valley Learning Center**; Logan

December: **Huntington Elementary**; Huntington

January: **Mountain View Elementary**; Layton

February: **Highland Park Elementary**; Salt Lake City

March: **North Davis Preparatory Academy**; Layton

April: **Thomas Edison-South**; Providence

To read more about their individual stories visit: [www.hearthighway.org/Archive/archive.html](http://www.hearthighway.org/Archive/archive.html)



North Davis Preparatory showed their support for the fight against heart disease on Wear Red Day, Friday, Feb. 3. They earned paper hearts throughout the "Heart Healthy Month" by walking the Gold Medal Mile and posted them all over the halls. This activity helped support the school's policy encouraging students to get at least 90 minutes of physical activity each week.



# Because of Gold Medal Schools...

## **Students are pushing their limits.**

Steven Cloward, a sixth grader at Sally Mauro Elementary in Helper, has had multiple surgeries on his ankle and leg to correct a club foot. Walking the Gold Medal Mile (GMM) is not easy for him. While walking his first GMM he fell behind the group and was offered a ride back to the school. He adamantly refused and continued walking through the pain so that he could say he had walked the GMM just like everyone else.

## **Teachers are becoming better role models.**

After attending the GMS training in August one of our school coordinators decided it was time to make some changes in his life. He started by walking one mile a day; he was soon up to 2.5 miles. He also began to swim three times a week and has already lost 12.5 pounds and has noticed a difference in his health.

## **Students are doing better in the classroom.**

Because of the increased physical activity at Academy Park Elementary in West Valley City, students are using energy, which constructively decreases aggression, behavioral problems, and office referrals. Students are able to talk with their friends while walking the GMM, which decreases classroom interruptions. Teachers have noticed that students are able to focus on their class work and test results have improved.

## **Students are excited about health.**

Mrs. Fiori at Grant Elementary in Murray said teachers have never seen students so excited to learn about health. They have become more aware of the importance of nutrition and all aspects of health and they cheer when it's time to go out and walk.

## **Parents are getting involved with health.**

Upland Terrace Elementary in Salt Lake City has created a jump rope club which meets during the first recess every Monday. In order for the club to function, they need a parent volunteer in attendance. Parents have been very helpful and have shown support for the GMS program and the health of their students.

## **Schools are coming together.**

Farrer Elementary in Provo is a new school this year. Students have been combined from two nearby schools and the school wanted a way to bring the students and the community together. They decided the best way to do this was to have a Sports Night each month. Faculty, students, and their families are invited to participate in a variety of fun activities. In the last half-hour, everyone enjoys fruits and vegetables. They have had great success getting entire families out to play together and have enjoyed a united school because of it.

Make eating fruits a fun summertime activity by creating your own fruit smoothie! Check out Tyler Thorpe's recipe. He is a student at North Ogden Elementary, a Platinum GMS. Tyler submitted his recipe for this year's 5 A Day Recipe Contest.

### **Tyler's Fresh Fruit Smoothie**

- 1 fresh banana
- 1 fresh kiwi
- 4 fresh strawberries
- 1 can of frozen juice concentrate
- 4 large ice cubes
- 1/2 cup water

Put juice concentrate into blender and add banana, strawberries, and kiwi. Add 1/2 cup water and blend on high speed until smooth and creamy. Pour and enjoy! There should be plenty to share.

